

# REPORT

FROM: January 8, 2023  
UNTIL: January 21, 2023



Estimated HbA1c

6.4

%

Blood sugar average

7.5

mmol/L

Blood sugar deviation

±2.6

mmol/L

Total activity

05:18

hh:mm

Hypos

5

5 out of 98 BG logs

Hypers

16

16 out of 98 BG logs

## What is the mySugr app?

Staying on top of your diabetes data can be hard. The mySugr app helps you keep track of all your important diabetes information from connected devices and manual entries in one convenient place, your smartphone! It will be right by your side throughout your diabetes journey, supporting you in staying motivated and involved in your diabetes therapy.

<https://www.accu-check.ca/en/mysugr-app>



### SETTINGS

▲ Hyper

10.0 mmol/L

Carb Unit

Gram

● Target Range

5.0 – 8.9 mmol/L

Blood sugar unit

mmol/L

▼ Hypo

3.9 mmol/L

#### Warning for users with CGM data

The statistics displayed in this report (estimated HbA1c, blood sugar averages, blood sugar deviation, hypos, hypers, etc.) do NOT consider data from CGMs (Continuous Glucose Monitors).

# WEEK

From: Jan. 8, 2023  
Until: Jan.14, 2023

Blood sugar average

7.3

mmol/L

Blood sugar deviation

±2.1

mmol/L

Hypos

1

1 out of 37 BG logs

Hypers

5

5 out of 37 BG logs

## Legend

- Temp Basal
- CGM Data
- Total activity
- Missing data

Total basal units

0%

0.0 U/Day

Total bolus units

100%

11.86 U/Day

Total activity

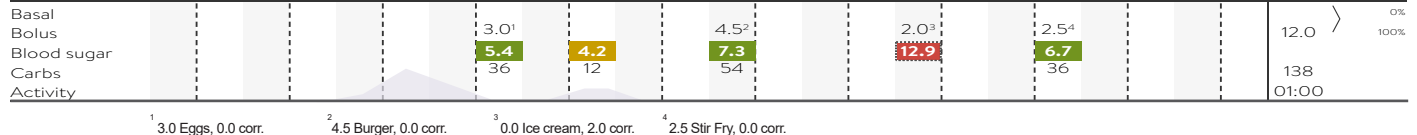
4:14

hh:mm

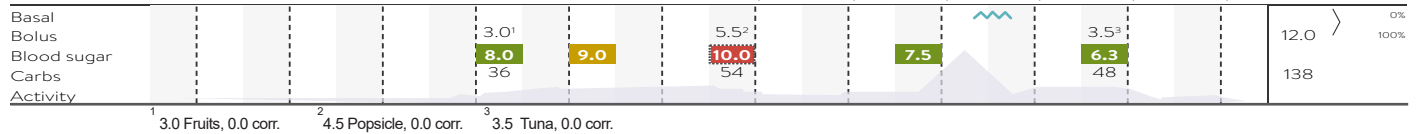
### SUN., 8.



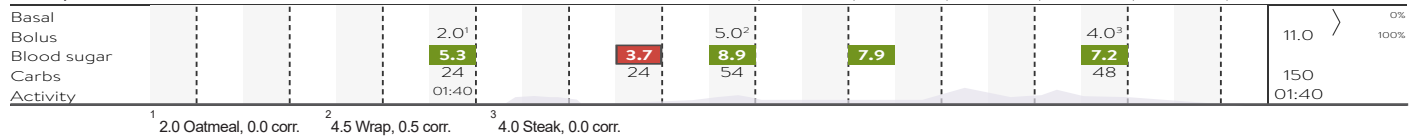
### MON., 9.



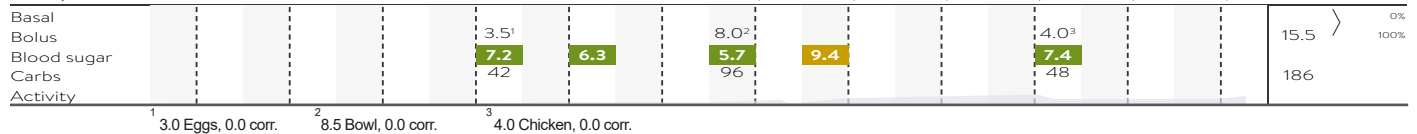
### TUE., 10.



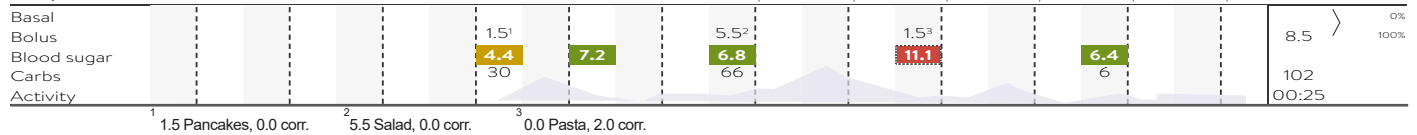
### WED., 11.



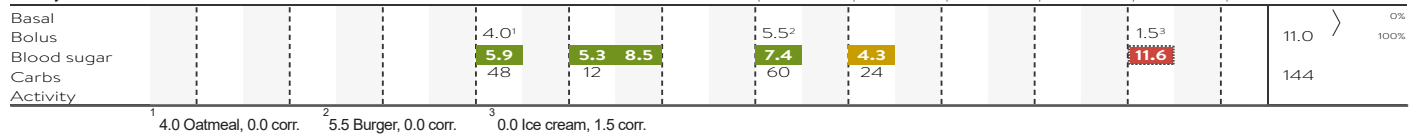
### THU., 12.



### FRI., 13.



### SAT., 14.



## Explanation of the mySugr report and the data it contains:

- **Estimated HbA1c:** Provides an estimate based on logged or imported diabetes data.\*
- **Blood sugar average:** BS average for the period.
- **Blood sugar deviation:** Standard deviation for the period. How much the blood sugar has gone above or below the average glucose – the “swing” factor.
- **Total activity:** Activity time for the period.
- **Hypos:** The number of blood sugar entries below the target range.
- **Hypers:** The number of blood sugar entries above the target range.
- **Temp Basal:** Option for patients using an insulin pump to set-up a temporary basal rate.
- **CGM data:** Option for patients using a CGM to see the data. (This function is currently not available in Canada).\*\*
- **Missing data:** Is in relation to the data imported by the connectivity of smart insulin pen. (This function is currently not available in Canada).
- **Total Basal units:** Long - or intermediate - acting insulin, which provides control of glucose in the fasting state and between meals. Basal insulin is given once or twice a day.<sup>1</sup>
- **Total Bolus units:** Rapid - or short - acting insulin given to control the glycemic rise at meals and to correct hyperglycemia. The prandial injection dose is decided based on carbohydrate content, carbohydrate-to-insulin ratio for each meal, planned exercise, time since last insulin dose and blood glucose level.<sup>1</sup>

\*The estimated Hb1Ac is based on patient's logged or imported measurements and does not replace actual Hb1Ac measurements. To get their eHb1Ac, patients have to log or import blood glucose sugar at least 3 times a day for 7 consecutive days.

\*\*Only CGM values from the Dexcom are displayed as the line in the graph by making a share beforehand with Apple Health. mySugr currently cannot import data from Medtronic CGM or Freestyle Libre FGM devices.

<sup>1</sup> Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Can J Diabetes. 2018;42(Suppl 1):S1-S325. Available at: <https://guidelines.diabetes.ca/cpg/chapter12#sec9> (Accessed on: January 26, 2023).